

Lunch K-8

MAY 2024

MON	TUE	WED	THU	FRI
		1 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	2 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	3 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
6 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple	7 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	8 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple	9 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	10 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing Fresh Apple
13 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	14 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear	15 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	16 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	17 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
20 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	21 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or NEW! Latin Bean Melt Flatbread (V) Fresh Pear	22 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	23 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana	24 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
27 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	28 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	29 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	30 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	31 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

